

LIVERPOOL BRANCH

Applying ACT to Ourselves: A self-practice and self-reflection workshop

Presented by Jason Roscoe

Wednesday 31st July 2019

Times: 9.30am to 4.30pm (Registration from 9.00am)

Venue: Crosby Lakeside Centre, Cambridge Road, Waterloo, Liverpool, L22 1RR

About the Workshop

Do you want to learn about Acceptance and Commitment Therapy (ACT) by applying it to yourself? The literature on Self-Practice / Self-Reflection (see Bennett-Levy et al) suggests that using techniques on our own difficult thoughts and feelings deepens our empathy for clients, develops meta-competences and improves our practice as therapists.

This workshop is intended for those relatively new to ACT and will provide an experiential introduction to the key concepts of this third-wave CBT approach. You will learn about the over-arching trans-diagnostic basis of ACT, how you can apply it to any disorder and through self-practice of key ACT interventions you will learn how to apply these to your clinical work with clients whilst simultaneously developing your skills in self-reflection.

A basic understanding of CBT and of mindfulness is advantageous to benefit from attending the workshop although some time will be allocated to discussing the underpinning theory.

By the end of the workshop delegates will have been introduced to the ACT 'Hexaflex' and practiced skills in:

- Defusion
- Identifying and clarifying Values
- Specific and everyday Mindfulness practices

About the Presenter

Jason Roscoe is a lecturer in CBT at University of Cumbria and works in private practice as a BABCP Accredited CBT Therapist and Supervisor in Blackpool. He has created three therapist worksheets for the Psychology Tools website and self-published 'Driving Yourself Mad: Overcome Your car travel anxiety with 1-2-3 CBT' which incorporates elements of ACT. Jason has a particular interest in interpersonal processes in therapy and is passionate about promoting ACT and in developing skills in self-reflection and self-practice amongst practitioners. He is currently undertaking a PhD exploring therapist experiences of using Self-Practice and Self-Reflection. Institute of Psychiatry (IOP) in London.

General Event Information

Fees:

BABCP Member: £75 Non-Member: £95

All BABCP events are VAT free.

Lunch and refreshments are included.

A CPD certificate for 6 hours will be issued – 4 hours skills and 2 hours theory

Venue website - <https://crosbylakeside.co.uk/>

Closing date for registrations is midday Friday 26th June 2019